Stay Alive Longer

Like Your Job Or Leave It —Or Risk Life

By LELORD KORDEL

John Stanton is still in his 30s. Yet high blood pressure is already wrecking his chances of living much longer.

John was a pharmacist's mate in the United States Navy. His wife was the daughter of a successful drugstore owner; so when John came back to join his wife and family, it was decided that John should take over his father-in-law's prosperous business. This he did, without consulting his natural aptitudes.

For 14 hours every day of the week including Sunday, John worked to make the success and profit his father-in-law expected.

He was mentally and physically exhausted by the time he came to see me.

"I can't tell you to go back to that store," I said. "Not since you've told me what your blood pressure is. There are two things wrong with your job: for one thing, you are working too hard, for another, you don't like your work — it's something for which you're not suited."

"There is increasing belief," I told John, "that such things as nervous tension and feelings of anxiety, insecurity, and worry affect a person's blood pressure. You have all these things to contend with in the store. Then, you say you don't eat a balanced diet or sleep regularly. Don't you know what this regimen is doing to your arteries?

Like a Garden Hose

"You know what happens inside a garden hose when you screw down the nozzle to throw a stream of water father across the lawn. In hypertension something similar happens within your abnormally contracted arteries. Pressure increases, and the heart has to pump harder to force blood through these tightly contracted small vessels."

As a result of increased pressure, two things can happen.

Either your overworked heart becomes excessively enlarged and you suffer from congestive heart failure or, because of increased pressure within it, a weakened artery elsewhere in the body may give way and cause a stroke.

Hypertension also hastens the development of atherosclerosis—the disease of clogged arteries. These two blood conditions are the greatest contributors to the heart disease that strikes men down in the prime of life. They cause one-third of all deaths in men under fifty-five.

Few of you can tell, without a physical checkup, that your blood pressure is high. One of the most common symptoms is persistent headache. The headache may make you pessimistic, irritable, and morose, which further increases your blood pressure. You may suffer dizziness and light-headedness. Vertigo, with the feeling that the world is spinning around you, occurs in extreme cases.

Your blood pressure goes up and down, perhaps varying during the day or from day to day. It varies with your activities, or even your peace of mind. In the normal person, these rises of pressure are temporary. Your arteries are dependent upon the functioning of the arterioles — the very small terminal portions of the arteries — which in turn are dependent upon the functioning of your nervous system.

Tension Due to Stress

Looking at John's tense and haggard face, I had a hunch that his functional high blood pressure was due to stress or anxiety rather than physical difficulty.

"If you don't like your job, you must, for the sake of your health, either learn to like it or else quit and get another job. Your nervous tension, anxiety, and worry tend to increase your blood pressure."

Fear, anger, and anxiety are some of the emotions that stimulate high blood pressure and disturb the sympathetic nervous system.

Harboring resentment or frustration can be equally harmful. The stress caused by pent-up resentment and unresolved frustration is dangerous — a veritable emotional time bomb.

Hypertension is something that can be controlled, in both physical and mental ways. And many long, useful years can be added to life. Are you willing to make the necessary effort?

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Tomorrow: Don't Let Tension Defeat you! Life is for the living, if you want it to be.

City's Oldest Chapter

Earliest Member At Camosun IODE

Camosun Chapter, the oldest IODE chapter in Victoria, held its annual meeting yesterday afternoon in the Blue Room and fittingly enough, the lady who has longest been a member of the chapter, Mrs. J. Kippen, attended the meeting.

Mrs. Kippen did not give her age, but she has a sister who is 90, and she has been a member of Camosun since its inception 50 years ago. Born in Victoria, her father was a Hudson's Bay Company factor.

The oldest chapter, which has just 30 members has been able to accomplish quite a number of projects. Among them they gave $100 to the Centennial Blind Water Garden, held raffles at which they raised more than $100, held a fall tea which realized $76, and gave $10 worth of parcels to mental patients.

Retiring regent Mrs. W. Walsh reported the chapter had been given a wonderful boost recently in receiving a $1,000 gift from Miss Kathleen Agnew.

Mrs. C. Talbott, retiring secretary, said $80 had been spent on education during the year, with a good part of this going to the chapter's adopted Indian school, Kokish, at Beaver Cove. Money had also been donated toward a gift for Government House. In all, $259 had been disbursed during the year.

Mrs. J. R. Campbell was installed as the new regent with Mrs. R. F. McRae as first vice-regent and Mrs. F. D. McKechnie second vice-regent.

Named treasurer was Mrs. E. Meiss and Mrs. G. W. A. C. McNeil was elected educational secretary. Others named to office were Mrs. R. V. Campbell, Mrs. S. Sanders and Mrs. M. Osborne.

Guild Re-Elects Mrs. Springford

GANGES — Mrs. Cecil Springford was re-elected president at the annual meeting of St. Mark's Chancel Guild.

Others elected were Mrs. G. H. Holmes, Mrs. J. B. Acland, Mrs. F. L. Nicholson, Mrs. J. R. Sturdy, Mrs. A. B. Cartwright, Mrs. J. H. Deyell, Mrs. T. A. Millner, Mrs. Graham Shove and Miss F. M. Aitkens.

The president reported on the new vestry which was the guild's effort for 1958. The group donated $450 toward this project.

Twenty-five dollars was donated to paint the rectory.

AFRICAN SUGAR

South Africa's cane sugar industry estimated production for the 1958-59 season at a record 1,118,000 tons.

She'll Hand Out the Prizes

Mrs. C. Laundy, 2585 Queenswood, will present the prizes at the parlor show of the Victoria City Kennel Club in the Lower Crystal Garden at 8 p.m., Feb. 14. Mrs. Laundy is pictured with her pekinese, Ching, and miniature poodle, Andre.

Shopping with Sally

Good Browsing In Want Ads

Today, we suggest something new in shopping — designed for comfort and fun and just within reach of your telephone. If you can spare a minute sit down with your Daily Colonist, turn to the miscellaneous "For Sale" and "Wanted" columns and you'll find some interesting bargains, plus a few hearty chuckles.

Here are some samplings from the classified sections this past week:

For example, on the "wanted" list is an eight-foot dinghy that's safe for children and reasonably priced, and good glass display cases, suitable for use in sporting goods store, a convertible baby carriage, or a half-size billiard table.

There's usually a long list of items for sale by families or firms that no longer need the goods and among them are some good values that you might otherwise not be able to afford.

These include a 57-book set of encyclopedias in their original packing, unused, a dismantled army hut with windows, floors and doors all under the hammer, beef by the side or quarter as well as half and whole hogs (ideal for a big family with a deep freeze).

Here's another bargain for the basement: a ping pong table and pinball machine, a collection of Chinese porcelain, for the southpaw golfer, a matched set of left-hand golf clubs (four woods, eight irons, wedge, putter bag and cart.)

For the ladies, a quarter-horsepower vibrating belt or a knitting machine, case and lessons for the best offer, genuine three-quarter-length leopard skin coat, 100 pounds of farm potatoes for $2.25, or a child's car bed, practically new.

Here's a weird one: a 7-bar channel 4-5 Yagi, 20-foot Bee and ghost canceller with 11 Yagi. Or empty 45-gallon steel drums you could use for incinerators or garbage pails.

Other bargains include cement stepping stones, a brooder with 1,000-chick capacity, an egg-o-matic egg-grader, a large collection of 78-rpm classical records, a house that's to be torn down and moved away, a stucco garage, 12 by 20 feet, or an eight-foot kayak.

Well, those are only a few articles you can spot in the daily columns. I have phone numbers and addresses if you would like to purchase any of these mentioned, but you can find many like them every day—it's a good place to do your shopping once in a while.

Mrs. Carlyle Heads WA

Mrs. H. Carlyle has been elected president of the Fairfield United Church WA.

Along with other members of the executive, she was installed at the annual meeting by Dr. H. K. Johnston.

First, second and third vice-presidents are Mrs. H. K. Johnston, Mrs. D. Oliphant and Mrs. J. Houston.

Others elected were Mrs. T. B. Sowe, Mrs. J. W. Hill, Mrs. E. Fullerton, Mrs. B. C. Bracewell, Mrs. E. McCracken and Mrs. T. S. Floyd.

Hospital Must Expand

Bhil Country Nurse

★ ★ ★

Miss Lily Simpson, director of nursing in the Jobat Hospital, Central Provinces, India, under the Presbyterian Church of Canada Women's Missionary Society, is in Canada on a cross-country tour speaking to church groups. She arrived in Victoria this week and until next Tuesday will address groups on the Island, telling them of her work in India and the particular needs of the hospital.

Jobat Hospital is equipped with 80 beds but there are often 100 or more patients being treated as the hospital serves a 30-mile radius quite heavily populated.

Miss Simpson says that as the natives gain confidence in the Christian treatment more and more are coming to be helped.

There are one Canadian doctor and one Indian woman doctor at the hospital and other than Miss Simpson and the person in charge of the school of nursing, the hospital is staffed by Indians.

The school of nursing, after being closed for some time, was reopened in 1956 and now the third class has started training. Both boys and girls take the training, boys for three years general with added courses for Grade A, and girls for three years general and one year midwifery to become Registered Nurses.

MISS LILY SIMPSON
... Natives appreciative

Miss Simpson enjoys her work among the Bhils, an aboriginal tribe around Jobat. The Bhils believe in the faith of ancestores, although they have borrowed many Hindu customs and celebrate Hindu festivals on a small scale.

They are a simple, happy people, and very appreciative of anything that is done for them, Miss Simpson says. In some places in India missionaries are not so well received, but Miss Simpson says that even though newspaper articles have been written criticizing the missionaries in Jobat, the people themselves pay little attention to them. She finds that even the authorities co-operate, and so far they have not had any difficulty or opposition.

Due to overcrowding, the greatest need is expansion of the hospital. A grant has been made for a new ward, but money will be needed for furnishings. A new school building and home for student nurses are also on the list.

Miss Simpson returns to her post in India next September.

She Tests Medicine For Taste

NEW YORK (AP) — Mrs. Shirley Morabito has tasted 700 medicines in the last three years—and never felt better in her life.

In fact, she hasn't missed work a single day because of illness.

Trying out pills and potions destined for other people is the unusual career of Mrs. Morabito, a medical gourmet who is chief medicine tester for the Charles Pfizer Pharmaceutical Company.

"It is endlessly fascinating," she says.

"The taste test is the last step in research. No matter how beneficial a new medicine may be, it has to taste right to win public acceptance. If people won't take it because they dislike the taste, it can't do them any good, and unfortunately, most medicines taste bitter."

The problem of taste in new children's medicines is critical. To assist her in field testing these she has a juvenile jury of some 600 children.

Rules Don't Suit Her

MANILA (AP) — Miss Philippines, 18-year-old Cristina Matias, faces a dilemma—whether to compete in the Miss Universe beauty contest or to stay in college. She can't do both.

University rules forbid wearing a bathing suit in a beauty contest.

RUMMAGE SALE SUCCESS

The fourth rummage sale of the James Bay Parish Guild was a successful one with members showing a profit of $210. Convener was Mrs. C. S. Gonnason.

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